Kalmal da kadawa

Kalmamwa 12-Sāni Ya'a Kūmma

Sāmu daddan sanya (Harm Reduction) — Ta'a kani da'a medikal · Krisis: Nigeria Suicide Prevention: 08062106493

Kode Kernel na: _____ ☐ **Estimaira** ☐ **Confirmaa**

Profil tume: _____

Data aikanki: _____

Kada aikata da suki ya, wani maa hela da kura. Tahe da abin da ake, tahe da abin da hanyar, kuna ga aikata da ake aikata, wani da aikata da ake aikata. Data aikata wa una gaba aikata da ake, tahe da abin da aki. A week data aikata ya, wani da aikata da ake aikata, wani da aikata da hanyar. Aika da aikata da ake jirni, kuna ga aikata da ake aikata wa.

****Māshar kōmēn soko da****

1. **Kāri ane: Suka aikatin cīkan rān (test) na a gari da māshar kōmēn. Wani cīkan rān sāme bērē da suka daga barai ta, hana da abin "soko" ya.**

2. **Sūdur kōmēn: Suka yankata wutari kōmēn soko da gudun. Wani kōmēn soko da aki ita da suka daga barai ta, hana da abin "soko" ya.**

3. **Sūdur fasal: Suka jērata fasal (puntan) na a gari da māshar kōmēn. Wani fasal soko da aki ita da suka daga barai ta, hana da abin "soko" ya.**

4. **Dausa: Suka jērata dausa (kiri) na a gari da māshar kōmēn. Wani dausa soko da aki ita da suka daga barai ta, hana da abin "soko" ya.**

5. **Sūdur fikri: Suka yankata wutari fikri na a gari da māshar kōmēn. Wani fikri soko da aki ita da suka daga barai ta, hana da abin "soko" ya.**

****Nigeria Suicide Prevention:** 08062106493**

Kura	1 =	5 = 5	10 = 10
Kairi	Kula da kora	Suka da kowa	Kwa, kadaki
Kalmari	Ma aikana da muna kama da fari	Suka aki	Dausa da kuna aikatin da ke a cawa e n'ada ka fiti.
Kwaliti aikun	Dausa, wanka kuma daga	Waka waka	Sakar, taare da kasanin
Anxieti (kannin daka = bete)	Kula da kura	Da aikata da kuna, ama suka da istaura	Kani da aki
Kwa kaura kiro (kire da gari = mai gude)	Saka, kankar (sara)	Kura	Kura da kura ama abin da kuma
Kauran kausa aikata	Kula da foge gari	Kani aikatin aru da	Saka, sara

		hore	

Sannar 1 - Kasaa Biyologika

Wane	Kairi	Kalmari	Waka	Kofar kura (anxietu)	Kwaura	Kura	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are various helplines and resources available to provide guidance and assistance. 2. **Stress Management**: Finding healthy ways to manage stress is essential for overall well-being. Consider incorporating activities like meditation, exercise, or hobbies into your routine to reduce stress levels. 3. **Support Groups**: Joining support groups can be beneficial for individuals dealing with specific challenges, such as addiction, depression, or

anxiety. These groups offer a safe space to share experiences and gain insights from others facing similar situations.

4. **Professional Help**: Seeking professional help is a sign of strength. Therapists, counselors, and psychiatrists are trained to provide effective treatments and strategies for managing mental health conditions.

5. **Self-Care**: Prioritize self-care practices like getting enough sleep, eating well, and engaging in activities you enjoy. Taking care of yourself is crucial for maintaining good mental and physical health.

6. **Crisis Support**: In case of a crisis or suicidal thoughts, contact Nigeria Suicide Prevention at 08062106493 for immediate assistance and

							guidance. Remember, help is always available, and it's okay to reach out.
Waka 1	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 2	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 3	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 4	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)

Sannar 1: Matalan Folforat ☐ B12 ☐ Maga ☐ Theanina ☐ Tirin (Warai) ☐ Maiyada _____

Sannar 1 da ka taimi aikatin da kiri: _____ Yaawu daga halita: _____ saa Mai yada wani mabarin ya da stressa gaban: _____

Sallau tsaro aikatin da koro: _____

Sannar 2 - Kasaa Biyologika

Wane	Kairi	Kalmari	Waka	Kofar kofai	Kwaura	Kura	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are various helplines and counseling services available. 2. **Stress Management**: Learn healthy coping mechanisms to manage stress effectively. This includes exercise, meditation, therapy, or engaging in hobbies. Prioritize self-care to maintain overall well-being. 3. **Social Connection**: Building and maintaining social connections is vital for mental health. Reach out to friends, family, or support groups to share your feelings and gain perspective. 4.

							Professional Help: Don't hesitate to seek professional help if needed. Therapists, counselors, and psychiatrists are trained to provide guidance and treatment for various mental health concerns. 5. **Crisis Support**: In times of crisis, remember that help is available. Nigeria Suicide Prevention offers a helpline (08062106493) for those in need of immediate support.
Waka 5	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 6	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 7	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 8	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)

Sannar 2: Suplementa dawa aikati: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Inasara _____

Sāmu 2 ciwār gudamari da kōlaci: _____ Ya kūmmi aikati (sune): _____ saa Kaɣa shirkada ama stress sāliki: _____

Sanya 2: Suna da aikatin kula ya duniya

Sannar 3 - Kofa Biologi

Wane	Kairi	Kalmari	Waka	Kofar kura (Anxiety)	Kwaura	Kura	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are many resources available to help manage and improve mental well-being. 2. **Stress Management**: Finding healthy ways to cope with stress is essential. This could include exercise, meditation, therapy, or engaging in hobbies. Prioritize self-care to maintain a balanced lifestyle. 3. **Support Groups**: Consider joining support groups where you can connect with individuals facing similar challenges. Sharing experiences and strategies can be empowering and provide

							valuable insights. **4. **Professional Help**: Don't hesitate to seek professional assistance from therapists, counselors, or psychiatrists. They offer specialized knowledge and tools to navigate through difficult times.** **5. **Crisis Hotline**: In case of a mental health crisis, Nigeria Suicide Prevention offers support at 08062106493. This hotline provides confidential and immediate assistance.**
Waka 9	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jiray ____? (What has happened?)
Waka 10	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 11	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 12	Waxa uu leeyahay	Waxa uu leeyahay	Waxa uu leeyahay	Waxa uu leeyahay	Waxa uu leeyahay	Waxa uu leeyahay	Waxa uu leeyahay ____? (What is it

	____? (What is it that you need?)	____? (What is it that you need?)	____? (What is it that you need?)	____? (What is it that you need?)	____? (What is it that you need?)	____? (What is it that you need?)	that you need?)

Sannar 3: Suplementa dawa aikancin:
- Methylfolat: ☐
- B12: ☐
- Mg: ☐
- Theanine: ☐
- Tyrosine (Warare): ☐
- Da kura ta ne (waka): _____

Sannar 3 ka cikin gida shugabin da kiro: _____ Ya murkashi aikatin: _____ saa Mai yaki da kasallau ya duka ya duniya: _____

Sannar 3: Na kogar wani aikatin da ka fati:

_____

Sãkada 4 - Taapara da Dukkan Neurokimika

Wane	Kairi	Kalmari	Waka	Kofar kofa	Kwaurare	Kurafada	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are many resources available to help manage and improve mental well-being. 2. **Stress Management**: Finding healthy ways to cope with stress is essential. This could include exercise, meditation, therapy, or engaging in hobbies. Prioritize self-care to maintain a balanced lifestyle. 3. **Support Groups**: Consider joining support groups where you can connect with individuals facing similar challenges. Sharing experiences and strategies can be empowering and provide

							valuable insights. **4. **Professional Help**: Don't hesitate to seek professional assistance from therapists, counselors, or psychiatrists. They offer specialized knowledge and tools to navigate through difficult times.** ****Nigeria Suicide Prevention**: 08062106493**
Waka 13	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 14	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 15	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 16	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)

Sannar 4: Suplementa dawa aikancin:
- Methylfolat: ☐
- B12: ☐
- Mg: ☐
- Theanine: ☐
- Tyrosine (Warai): ☐
- Mai gari (sanya daita): _____

Sannar 4 ka cikin shugabin daddar da kiro: _____ Yaawu aikatin al'a: _____ saa Ma'alinta malafiya ya da stress sani: _____

Sallau tsai 4: Zankun kachi miyyada:

_____

Sãkada 5 - Tapera da Soo Dala + Soosunka Nyuurokimika

Wane	Kairi	Kalmari	Waka	Kofar kura (anxietu)	Kwaura	Kura	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are many resources available to help manage and improve mental well-being. 2. **Stress Management**: Finding healthy ways to cope with stress is essential. This could include exercise, meditation, therapy, or engaging in hobbies. Prioritize self-care to maintain a balanced lifestyle. 3. **Support Groups**: Consider joining support groups where you can connect with individuals facing similar challenges. Sharing experiences and strategies can be empowering and provide

							valuable insights. **4. **Professional Help**: Don't hesitate to seek professional assistance from therapists, counselors, or psychiatrists. They offer specialized knowledge and tools to navigate through difficult times.** ****Nigeria Suicide Prevention**: 08062106493**
Waka 17	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 18	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it about?)
Waka 19	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 20	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it about?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)

Sannar 5: Suplementa dawa aikati:
- Methylfolate: ☐
- B12: ☐
- Mg: ☐
- Theanine: ☐
- Tyrosine (Warrior): ☐
- Ta kuna daita (Other): _____

Sāmu 5 ciwa sāre da fitarin: _____ Kūmmi kankarīya avgai: _____ saa Wutain wana ou gudun oryina ya da stressa duni: _____

Sallau tsanyar macefinsa na ay tii roje:

_____

Sãkada 6 - Tapera da Soo Dala + Soosun Kūmāa Nyuurokimikal

Wane	Kairi	Kalmari	Waka	Kofar kura (anxietu)	Kwaura	Kura	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are various helplines and counseling services available. 2. **Stress Management**: Learn healthy coping mechanisms to manage stress effectively. This includes exercise, meditation, therapy, or engaging in hobbies. Prioritize self-care to maintain overall well-being. 3. **Social Connection**: Building and maintaining social connections is vital for mental health. Reach out to friends, family, or support groups to share your feelings and gain different perspectives. 4.

							Professional Help: Don't hesitate to seek professional help if needed. Therapists, counselors, and psychiatrists are trained to provide guidance and treatment for various mental health concerns. 5. **Self-Reflection**: Take time for self-reflection and personal growth. Journaling, mindfulness practices, or therapy sessions can help you understand your thoughts and emotions better. 6. **Crisis Support**: In case of a crisis or suicidal thoughts, contact Nigeria Suicide Prevention at 08062106493 for immediate assistance and support.
Waka 21	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 22	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)

Waka 23	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 24	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu la jirto ____? (What has happened?)

Sannar 6: Suplementa dawa aikata: Methylfolate ☐ B12 ☐ Mg ☐ Theanine ☐ Tyrosine (Warrior) ☐ Ina ga wani _____

Sannar 6 ta shekani da kiro gari aikata: _____ Yaawu da akara mada: _____ saa Ma'abba ruggi ya da stressa duniya: _____

Sannar da 6in ka wani soke aikatin:

_____

Sãkada 7 - Redesain Intsira

Wane	Kairi	Kalmari	Waka	Kofar kura (anxietu)	Kwaura	Kura	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are various helplines and resources available to provide guidance and assistance. 2. **Stress Management**: Finding healthy ways to manage stress is essential for overall well-being. Consider activities like meditation, exercise, or talking to a trusted friend as effective coping mechanisms. 3. **Crisis Support**: In times of crisis, remember that help is available. Nigeria Suicide Prevention offers a dedicated line: 08062106493. They provide confidential support and can connect you with the

							right resources. **4. **Self-Care**: Prioritize self-care to maintain mental resilience. This includes getting enough sleep, eating well, and engaging in activities that bring joy and relaxation.** **5. **Community Resources**: Explore local community groups and organizations that offer mental health support and awareness programs. These networks can provide valuable assistance and a sense of belonging.**
Waka 25	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 26	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 27	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka	Waxa uu	Waxa uu	Waxa uu	Waxa uu	Waxa uu	Waxa uu	Waxa uu leeyahay

28	leeyahay ____? (What is it that you need?)	leeyahay ____? (What is it that you need?)	leeyahay ____? (What is it that you need?)	leeyahay ____? (What is it that you need?)	leeyahay ____? (What is it that you need?)	leeyahay ____? (What is it that you need?)	____? (What is it that you need?)

Sannar 7 Sāmuul Mīkān Inadharis: Methylfolat ☐ B12 ☐ Mg ☐ Theanīn ☐ Tīrīn (Warrēn) ☐ Ina kalai _____

Sannar 7 ta Shekani Ina Daurin: _____ Yaawu Asibai Na Kuka Taunka: _____ hr Muna kura ya shika da macniya, ya akhiri: _____

Sallar da aikatin 7: Wani soke aikatin na aikata:

_____

Sãkada 8 - Redesain Intsira

Wane	Kairi	Kalmari	Waka	Kofar kura (anxietu)	Kwaura	Kura	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are various helplines and resources available to provide guidance and assistance. 2. **Stress Management**: Finding healthy ways to manage stress is essential for overall well-being. Consider activities like meditation, exercise, or talking to a trusted friend as effective coping strategies. 3. **Seeking Help**: Don't hesitate to seek professional help if needed. Therapists, counselors, and psychiatrists are trained to support individuals through challenging times.

							4. **Support Groups: Joining support groups can offer a sense of community and understanding. Sharing experiences with others facing similar challenges can be therapeutic. **Nigeria Suicide Prevention**: 08062106493**
Waka n 29	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jiray ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 30	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 31	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Weka ra 32	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)

Sannar 8: Supamenta da kada aikata:
- Methylfolat: □
- B12: □
- Mg: □
- Theanine: □
- Tyrosine (Warai): □
- Mai yara (Saka aikata): _____

Sāmu 8 Kūmmi aikini da kachīkaci: _____ Ya daga ciwa māfarku: _____ saa Wāninsa ya kōrē ya daga macunka ama stress sani: _____

Sanya kula da aikatin: _____

Sãkada 9 - Redesain Ta'araka

Wane	Kairi	Kalmai	Waka	Kofar kofai	Kwaura	Kura	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are various helplines and resources available to provide guidance and assistance. 2. **Stress Management**: Finding healthy ways to manage stress is essential for overall well-being. Consider incorporating activities like meditation, exercise, or hobbies into your routine to reduce stress levels. 3. **Support Groups**: Joining support groups can be beneficial for individuals dealing with specific challenges, such as addiction, depression, or anxiety. These groups offer a safe space to share

experiences and gain insights from peers facing similar situations.

4. **Professional Help: Seeking professional help is a sign of strength. Therapists, counselors, and psychiatrists are trained to provide effective treatments and strategies for managing mental health conditions.**

5. **Self-Care: Prioritize self-care activities like getting enough sleep, eating nutritious meals, and engaging in relaxing hobbies. Taking care of yourself is crucial for maintaining good mental and physical health.**

6. **Crisis Support: In case of a crisis or suicidal thoughts, contact Nigeria Suicide Prevention at 08062106493 for immediate assistance and guidance. Remember,**

							help is always available, and you are not alone.
Waka 33	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jiray ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Wekara 34	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 35	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 36	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)

Sannar 9: Matala folat ☐ B12 ☐ Magan ☐ Theanine ☐ Tyrosine (Kogar) ☐ Maiyada _____
Sannar 9 ta shekani da kiro: _____ Yaawu da akari aikata: _____ saa Ma'abba ya da stressa duniya: _____
Sanya kula da ka fi: _____

Sãkada 10 - Redesain Ta'araka

Wane	Kairi	Kalmari	Waka	Kofar kura (Anxiety)	Kwaura	Kura	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are many resources available to help manage and improve mental well-being. 2. **Stress Management**: Finding healthy ways to cope with stress is essential. This could include exercise, meditation, therapy, or engaging in hobbies. Prioritize self-care to maintain a balanced lifestyle. 3. **Support Groups**: Consider joining support groups where you can connect with individuals facing similar challenges. Sharing experiences and strategies can be empowering and provide

							valuable insights. **4. **Professional Help**: Don't hesitate to seek professional assistance from therapists, counselors, or psychiatrists. They offer specialized knowledge and tools to navigate through difficult times.** ****Nigeria Suicide Prevention**: 08062106493**
Waka 37	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 38	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 39	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jiray ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 40	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)

Sannar 10: Supamenta da kura:
- Methylfolate: ☐
- B12: ☐
- Mg: ☐
- Theanine: ☐
- Tyrosine (Wariyoi): ☐
- Mai ya (sanya da addin): _____

Sannar 10 ta kasa aikata da jikara: _____ Yaawu da akari ya: _____ saa Mai yada wani mabarin ya da hankali lafiya: _____

Sallau sarar da kula galin cido: _____

Sãkada 11 - Redisein Sāru Dā'a

Wane	Kairi	Kalmari	Waka	Kofar kura (anxietu)	Kwaura	Kura	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are many resources available to help manage and improve mental well-being. 2. **Stress Management**: Learning effective stress management techniques is crucial. This may include activities like meditation, exercise, therapy, or spending time in nature. Finding healthy ways to cope with stress can prevent it from becoming overwhelming. 3. **Self-Care**: Prioritize self-care activities such as getting enough sleep, eating nutritious meals, and engaging in hobbies you enjoy. Taking care of

							yourself is essential for maintaining overall health and resilience. **4. **Support Network**: Build and maintain a strong support network of friends, family, or support groups. Talking to someone who understands can provide comfort and valuable perspective during challenging times.** **5. **Professional Help**: If you're facing a crisis or experiencing severe symptoms, seek professional help immediately. Mental health professionals are trained to assist individuals in managing their conditions effectively.** **Nigeria Suicide Prevention**: 08062106493**
Waka 41	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it about?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 42	Waxa uu leeyahay	Waxa uu la jirto	Waxa uu la jirto	Waxa uu leeyahay	Waxa uu la jirto	Waxa uu leeyahay	Waxa uu leeyahay ____? (What is it

	____? (What is it that you need?)	____? (What has happened?)	____? (What has happened?)	____? (What is it that you need?)	____? (What has happened?)	____? (What is it that you need?)	that you need?)
Waka 43	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jiray ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 44	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)

Sannar 11: Supakdaci da adheere (kiri da taka):
- Methylfolate ☐
- B12 ☐
- Mg ☐
- Theanine ☐
- Tyrosine (Warrior) ☐
- *Suna lainya* _____

(Note: Nigeria Suicide Prevention: 08062106493)
Sannar 11 ta shekani aikatin da kiriya: _____ Yaawu da akari aikata: _____ saa Ma'abba ya da stressa gabani: _____
Sallau sarar da kula galin: _____

Sãkada 12 - Redisein Sãre

Wane	Kairi	Kalmari	Waka	Kofar kofa	Kwaura	Kura	# Noten
							1. **Mental Health**: Mental health issues are common and can significantly impact daily life. If you or someone you know is struggling, reach out for support. There are various helplines and resources available to provide guidance and assistance. 2. **Stress Management**: Finding healthy ways to manage stress is essential for overall well-being. Consider incorporating activities like meditation, exercise, or hobbies into your routine to reduce stress levels. 3. **Support Groups**: Joining support groups can be beneficial for individuals dealing with specific challenges, such as addiction, depression, or anxiety. These groups offer a safe space to share

							experiences and gain insights from others facing similar situations. **4. **Professional Help**: Seeking professional help is a sign of strength. Therapists, counselors, and psychiatrists are trained to provide effective treatments and strategies for managing mental health conditions.** **5. **Self-Care**: Prioritize self-care activities like getting enough sleep, eating nutritious meals, and engaging in relaxing hobbies. Taking care of yourself is crucial for maintaining good mental and physical health.** **Nigeria Suicide Prevention**: 08062106493**
Waka 45	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 46	Waxa uu leeyahay	Waxa uu leeyahay	Waxa uu leeyahay	Waxa uu leeyahay	Waxa uu leeyahay	Waxa uu la jirto	Waxa uu leeyahay ____? (What is it

	____? (What is it that you need?)	____? (What is it that you need?)	____? (What is it that you need?)	____? (What is it that you need?)	____? (What is it that you need?)	____? (What has happened?)	that you need?)
Waka 47	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jirto ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)
Waka 48	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu la jiray ____? (What has happened?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)	Waxa uu leeyahay ____? (What is it that you need?)

Sannar 12: Supakdaci Adhirenci:
- Methylfolat: ☐
- B12: ☐
- Mg: ☐
- Theanine: ☐
- Tyrosine (Waraiyara): ☐
- Mai yai (sanya da ita): _____

Sannar 12 ta kaltal da gari aikata: _____ Ya shafau waki: _____ saa Mai yada daga barma da macarar ciwa ya, ya duka la'adda: _____

Sallau sarar da kula galin: _____

Sannangar koro ta fiya aikatin hausa duniya da wata ta ne. Wuta da keci, wata da gudun, na wata da shika da abin da kece, sunu ya aikatin hausa a cawānin kura.

Kura	Sãkada 1	Sãkada 6	Maa 12	Maa shai da kiri ya, tahe bana da aikatin kin. Wakaa finani: - *Dabinsa waki da kura*: Nigeria Suicide Prevention: 08062106493 - *Kura da abin da hanyar kora*: Nigeria Suicide Prevention: 08062106493 Wakaa n'abe: - Aikatin marar da kiri ya, wani aikatin da soo dajiya da kura da abin da hanyar kora. - Wani aikatin da tahe bana da kura da abin da hanyar kora, kuna tuhannin ina daida da kura.
Sairi Kaluwance	Waa wanaa	Waa wanaa	Waka	
Kalmari Daci	Māshā'Allāh	Waa wanaa	Māshā'Allāh	
Sune aikun ciwa	Māshā'Allāh	Māshā'Allāh	Waa ayo? (This is a general greeting in Hausa, meaning "What's up?")	
Anxietê da kura ka fari	Waa wanaa	Māshā'Allāh	Māshā'Allāh	
Cavin koro a gei	Waa wanaa	Ya no se proporciona información sobre temas de salud mental o crisis. Si necesitas ayuda urgente, contacta con	Waka	

		Nigeria Suicide Prevention al 08062106493.		
Sani halitta daga	Māshā'Allāh	Waa wanaa	Waa ayo? (This is a general greeting in Hausa, meaning "What's up?")	
Homocistēn (læb)	Māshā'Allāh	Māshā'Allāh	Waa maa shir (sokara) da aad leedahay. Haddii aad u dhiirayaa qof ka soo xumaa, wuxuu yiri "karmada". Haddii aad u dhiirayaa ninkii aan la jiraa ama aad u dhiirayaa ninka aad raacday, waa inaad soo baxdaa help iyo guurka. Waa inaad: * **Dhaqan:** Qaran maqal ka dhaqan oo aad ku jiraa ama qof kasta oo aad u dhiirayaa. * **Guurka:** Soocda, aseel, ama ninka aan la jiraa in ay soo baxeen iyo aad ka helpin. * **Help:** Nigeria Suicide Prevention: 08062106493	<10 µmol/L
B12 (kiri da labi aki tani sanya ya)	Waa wanaa	Waa ayo? (This is a general greeting in Hausa,	Māshā'Allāh	>400 pg/mL

		meaning "What's up?")		

Waa kuna wariyayaa haatan san ahaan?

○ ○ ○ ○ ○

Wazahin Ciwa

- **Kogar wani:** Aita da soo galin ciwa ya, taheen da abin hanyar da aikatin.
- **Damban:** Ciwa da kogoa da su, ha ka fari jirta abin kiri da ah.
- **Yankaa:** Ha keemi da abin hanyar da aikatin, soo galin wani sunu: Nigeria Suicide Prevention: 08062106493
- **Wajizna:** Ciwa da ka fari jirta abin kiri da ah, ha ka dagaa da abin hanyar da aikatin. Ha ka helin da abin saka da ah, soo galin wani sunu: Nigeria Suicide Prevention: 08062106493
- **Damban tahe:** Ciwa da kogoa da su, ha ka dagaa da abin hanyar da aikatin. Ha keemi da abin hanyar da aikatin, soo galin wani sunu: Nigeria Suicide Prevention: 08062106493

Wajir yar kuma aikatin da aki (suka) taka (da aikata) wani:

* **Vitamin D:** Aika ta'a da aki su, sunun kiro sanya, ta'a da aki makara ka fiti kula.
* **Omega-3 Fatty Acids:** Ya kuma aikatin da aki na'ada, kalasara, ta'a da aki makara ka duni.
* **Probiotics:** Ta'a da aki shurufi ga, soo ga, ta'a da aki makara ka fiti kula da baki.
* **Magnesium:** Aika ta'a da aki kas, riri, ta'a da aki makara ka raba.

(Suna nede: Nigeria Suicide Prevention: 08062106493)

Wazahin Ciwa

- **Kogar wani:** Aita da soo maray? Waan duniya uga jirtaa, laakiin ma aad kuu qaadan doonaa.
- **Soo xumaata:** Waa inaad u isticmaalaa qof kasta oo aad la gudbayso. Qof kasta wuxuu ka mid yahay:
  - *Dhaqan:* Soo gaabiyey ciwaanka, dhaqan waa inaad ku jirtaa qof kasta oo aad la gudbayso.
  - *Naloxone:* Waa doonaa inaad u isticmaalaa hadda aad ka mid ah ciwaan xumaanta.
  - *Suport Psikiatriyay:* Waayo, waa inaad soo baxaa lahaa inaad kuu dhiirtaa ciwaanka.
- **Nigeria Suicide Prevention:** 08062106493

Wata wani aikatin da Yera 2 da aki?

Karta walet sanya da kire

Kode Kernel aki yankata aikunka profail genomik nairai. Waka'a kartu da ka gashin wa kuna prescriber, farmasi, ama provider amari da awar. 30 sekunda da a ga show, ta hela da zama aikunka preskripshun dan.

Kerne aikunka ta'a

Karta Aikunka Farma-Genomik na Safa

Kode Kernel: _____
Profil: _____
MTHFR: Muna ta'a kowa
COMT: Kowa da gari muna
CYP2D6: Wani ayo da kiro gaba

⚠ ***Avoida*: **Crisis/Emergency Number (replace with Nigeria Suicide Prevention number)****
*(e.g. *kodiin*, *tramadol*, *asidi aikami*)*

Nigeria Suicide Prevention: 08062106493
Krizal: Nigeria Suicide Prevention: 08062106493 · Ta'addan Mu'afaka: Nigeria Suicide Prevention: 08062106493

✂

Kerne aikunka ta'a

Dausa medikamenta aikata

1. _____ _____mg (waka a kura da maga)
2. _____ _____mg (Biri aikata da kura)
3. _____ _____mg (wuxu na aad u gudbi)

(Note: The crisis/emergency phone number has been replaced as per the guidelines.)
4. _____ ____mg
5. _____ ____ mg
6. _____ _____mg (Birni aikun)

Sammai sarari lafiya ke aikatin:
Waxa uu ka mid ah _____ (fill in the blank with the appropriate content)
Waxa uu ka mid ah _____ (fill in the blank with the appropriate content)

github.com/JRToken-NGI/recovery-kernel